

Staff Updates

We are hiring.

FoodWise continues to offer great Nutrition programs to our community, but we need help to accomplish that. That is why we are currently hiring for a Nutrition Educator. A Nutrition Educator will collaborate with schools and local organizations to transform lives and communities through the power of research and education.

<https://jobs.hr.wisc.edu/en-us/job/511156/nutrition-educator>

Brown County

Job Opportunity

FOOD WISE

UNIVERSITY OF WISCONSIN-MADISON

Do you have...

- High school degree or GED?
- An ability to teach children and adults in groups?
- Work, volunteer or life experience with limited income individuals or groups?
- Ability to build relationships across different racial/ethnic groups and ages?

Then, you can apply to our Nutrition Educator position here:
<https://jobs.hr.wisc.edu/en-us/job/511156/nutrition-educator>

Application deadline: November 25, 2021

To apply submit:

- A letter of application that describes how you meet all minimum qualifications
- A professional resume

Individuals who can offer diverse racial, cultural and class experience are strongly encouraged to apply.

Learn more about FoodWise here:

As EEO/AA employer, University of Wisconsin-Madison Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA), and Section 504 of the Rehabilitation Act requirements.



FOOD WISE
Healthy choices, healthy lives.

the ingredients for families.

Program updates.

FoodWise taught a cooking program to two **Howe Resource Center** families to role model preparing healthy meals and making family mealtimes fun. Parents and children engaged in a fun mystery bag activity where they used their senses to explore a daikon radish. The program was very enjoyable for educators and the guest intern. Howe families went on an adventure "Around the World" and made Mango Cucumber Wraps and even tried squid! Each family took home extra ingredients. Thank you so much to Howe Resource Center for providing

Healthy eating and life skills such as cooking are crucial to good health. **Brown County Parent Pal Program** outreached to FoodWise to partner and offer a nutrition lesson with a cooking component. In late October, we met at the STEM Innovation Center where families and pals had dinner. Children were paired with their pals to do an activity; meanwhile, adults were directed to participate in the FoodWise program offered in the kitchen. The lesson provided was What is Healthy Food? How Can You Afford It? Participants learn to practice choosing healthier alternatives to familiar foods and describe what "healthy foods are." Out of the five families who participated in the program, they all responded to have enjoyed the program/information and had some ideas to apply at their homes. A comment from one participant was, "it was one of the best events we had." Each family took home a skillet lasagna that they prepared, thanks to Brown County Pals Program for providing the ingredients.

Resources for the community

With the holidays coming up, we gather and share delicious foods in our traditional way. We are sharing with you resources to make the most out of your meal with balance.

<https://myplate-prod.azureedge.net/sites/default/files/2020-12/Myplate%20Holiday%20Makeover%20%282013%29.pdf>

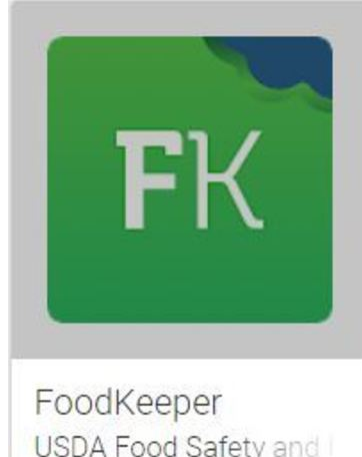
Besides balance food safety is crucial to keep everyone safe and have a great holiday season.

Most of the time, with big meals, the chances of having leftovers will be high. Here we have resources to keep your food safe and do a makeover to your leftovers.

<https://myplate-prod.azureedge.net/sites/default/files/2020-12/Turkey%205%20Ways%20%282019%29.pdf>

Speaking about storing leftovers safely, the app **The FoodKeeper** helps you understand food and beverages storage. It will help you maximize the freshness and quality of items. By doing so, you will keep items fresh longer than if they were not stored properly. It was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute.

<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>



Community Meals

Sunday, November 21

Thanksgiving Lunch

10 AM - 12:30 PM

Green Bay First

1460 Shawano Ave., Green Bay, WI 54303

All are welcome to join in the holiday service at 10 A.M, luncheon follows.

Need a ride? Visit jesusbus.org. The Jesus Bus - A Ministry of Green Bay First

Home of the Jesus Bus in Green Bay, WI. The Jesus Bus is a ministry of Green Bay First located at 1460 Shawano, Green Bay, WI 54303

<http://jesusbus.org> to request a ride.

Wednesday, November 24

Thanksgiving Meal For the Homeless

11 AM - 4 PM

Transformation House

610 S. Broadway

Green Bay, WI 54303

The event includes food, music, and a speaker

Thursday, November 25

Thanksgiving Meal - Home Delivered

Sponsored By Christian Outreach, Ecumenical Thanksgiving Ministry & Green Bay Packers Give Back

Heat and Eat Meals prepared at Lambeau Field

Delivered between 9 AM and 12:00 Noon

COVID-19 and Food Safety protocols followed.

Call to reserve delivery: 920-490-7030

(Limited to Green Bay area addresses)

The phone line will remain active until all delivery slots are filled.

New on Facebook

Facebook is where we post daily recipes, activities, nutrition tips, and program information! Follow us and like us to get the latest news and updates. We also appreciate it when you share our content with your digital communities.

What kitchen tools do I really need?

Measuring: Measuring spoons, dry measuring cups, liquid measuring cup

Cutting: Paring knife, chef knife, cutting boards, can opener

Mixing: Mixing bowl, mixing spoon, rubber spatula

Cookware: Skillet, sauce pan, casserole dish, pot holder, baking sheet, food thermometer, spatula

Draining: Colander, slotted spoons

Handy Extras: Blender, rolling pin, stock pot, cooling rack, whisks, muffin tin, slow cooker, toasters, mixer

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

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